

UNIT 3 TOPIC 3

SEXUAL ASSAULT

LEARNING OBJECTIVES:

- 3-3-1 Identify the types of sexual assault and the Navy's policy on sexual assault
- 3-3-2 Explain ways to recognize and prevent sexual assault
- 3-3-3 Explain the short and long term effects of sexual assault
- 3-3-4 Recognize and avoid sexual assault to protect yourself and your fellow shipmates.
- 3-3-5 Explain how core values contribute to the prevention of sexual assault.

REFERENCES:

- 1. Navy Core Values
- 2. U.S. Navy Regulations
- 3. OPNAVINST 1752.1A
(Sexual Assault Victim Intervention (SAVI) Program)
- 4. SECNAVINST 1752.4 (Sexual Assault Prevention and Response)
- 5. OPNAVINST 5800.7 (Series)
- 6. (Navy's Victim and Witness Assistance Program)
- 7. Internet Resources:
 - a. http://www.btm.com/qolmall/qol/WING_4/store_W/deckplate/assault/assault_1.htm
 - b. <http://www.bupers.navy.mil/pers61/sh.htm>
- 8. NAVADMINs 033/94 and 291/99

SLIDES:

- 3-3-1 Sexual Assault
- 3-3-2 Sexual Assault Is

- 3-3-3 Types of Sexual Assault
- 3-3-4 Is Sexual Assault Real?
- 3-3-5 Sexual Assault in the Navy
- 3-3-6 Myth vs Reality
- 3-3-7 Myth vs Reality cont
- 3-3-8 Effects of Sexual Assault
- 3-3-9 Self Help
- 3-3-10 Know What to Do!
- 3-3-11 Most Importantly
- 3-3-12 Sexual Assault Victim Intervention
- 3-3-13 Navy's Policy on Sexual Assault
- 3-3-14 Core Values
- 3-3-15 Summary

CASE STUDIES:

None

VIDEO TAPES:

None

NOTE TO THE FACILITATOR:

The main points of this topic are:

- Defining Sexual Assault and how to help prevent it
- Short and long term effects of sexual assault
- Navy's policy on sexual assault
- Recognizing the Core Values and how they relate to the prevention of sexual assault

UNIT 3 TOPIC 3

SEXUAL ASSAULT

I. SEXUAL ASSAULT

SHOW SLIDE 3-3-1 SEXUAL ASSAULT

- One of the most serious and fastest growing violent crimes in the U.S.
- Different types of sexual assault.
- How to recognize and avoid.
- How to protect yourself and shipmates.

A. Introduction

- Sexual assault is a criminal act that is incompatible with the Navy's standards of professionalism and personal discipline.
- As a team, it is imperative that we protect shipmates by knowing preventive measures to understand and assist a situation of sexual assault.

B. Definitions

Sexual assault is defined as sexual intimacy forced or threatened on one person by another. Here is a breakdown of that definition according to OPNAV 1752.1A:

SHOW SLIDE 3-3-2 SEXUAL ASSAULT IS

1. **Rape** is defined as the act of sexual intercourse by force and without consent, regardless of the sex of the victim or perpetrator.
2. **Assault with intent to commit rape** is an assault where the accused must have

SHOW SLIDE 3-3-3 TYPES OF SEXUAL ASSAULT

intended to complete the offense and to overcome any resistance by force.

3. **Assault with intent to commit sodomy** is also defined as an assault where the accused must have intended to complete the offense and to overcome any resistance by force.
4. **Indecent assault** is defined as an assault with the intent to gratify the lust or sexual desires of the accused.
5. **Forcible Sodomy** is an act done by force and without consent whereby one person taken into his/her mouth or anus the sexual organ of another person or of an animal; places his/her sexual organ in any opening of the body other than the sexual parts of another person; or has penile-vaginal intercourse with an animal. Penetration, however slight, is sufficient to complete the offense.

C. Facts About Sexual Assault

- Over 700,000 incidents of sexual assault occur each year in the U.S.
- An incident of sexual assault occurs every 2 minutes in the U.S.
- 60% to 80% of rape is date or acquaintance rape.
- Less than 1 in every 3 or less than 50% of sexual assaults are reported.

SHOW SLIDE 3-3-4 IS SEXUAL ASSAULT REAL?

INSTRUCTOR NOTE:

Remind them that:

- ✓ Sexual assault occurs every 2 minutes.
- ✓ Highlight that someone the victim knows commits most sexual assaults.
- ✓ 60 to 80% of the victims know their assailant.

- assaulted regardless of sexual orientation.
- **Myth:** Women ask to be sexually assaulted by the way they dress. **Reality:** No matter how they dress, **no one** asks to be sexually assaulted.
 - **Myth:** Only gay men sexually assault other men. **Reality:** Most men who sexually assault other men identify themselves as heterosexual. This helps to highlight another reality-sexual assault is about violence, anger, and control over another person, not lust or sexual attraction.
 - **Myth:** There is no such thing as date rape because sex with a girlfriend/boyfriend is normal and expected. **Reality:** No means no and regardless of your relationship, sexual assault can occur if one partner is not consenting to it.
 - **Myth:** Men cannot be sexually assaulted by women. **Reality:** Although the majority of perpetrators are male, men can also be sexually assaulted by women.
 - **Myth:** Erection or ejaculation during sexual assault means you “really wanted it” or consented to it. **Reality:** Erection and ejaculation are physiological responses that may result from mere physical contact or even extreme stress. These responses do not

SHOW SLIDE 3-3-7 MYTH VS REALITY CONT

imply you wanted or enjoyed it.

E. Effects of Sexual Assault

1. The deeply devastating experience of being sexually assaulted can lead to emotional distress, self destructive behavior, interpersonal problems and behavioral disorders.
2. The effects of sexual assault on a victim may be short or long term.
3. Short term effects could include:
 - Disbelief/denial-Did it really happen? Why me? Maybe I just imagined it. It wasn't really rape.
 - Terror-I'm scared of everything. I can't sleep because I'll have nightmares. I'm afraid to go out or be alone.
 - Isolation-I don't want to be around anyone because I don't know what they will think of me.
 - Shock: I feel numb. How can I be so calm? Why can't I cry?
 - Guilt-I feel as if it's my fault, or I should have been able to stop it. If only I had.....
 - Embarrassment-What will people think? I can't tell anyone about it.
 - Shame-I feel filthy; there is

SHOW SLIDE 3-3-8 EFFECTS OF SEXUAL ASSAULT

Facilitator Note: Ask the students if they have any short term effects to add to the list.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- something wrong with me.
- Nightmares
- 4. Long term effects could include:
 - Depression-How am I ever going to get through this? I feel hopeless.
 - Fear of sex-What if I have herpes or AIDS? What if someone tries to make me do something I don't want to?
 - Inability to trust
 - Lowered self-esteem
 - Increased difficulty in close relationships
- 5. Work performance may be affected immediately or later on.
- 6. These are all typical reactions and generally disappear with time. Keep in mind that sexual assault is the fault of the perpetrator, not the victim.
- 7. Survivors of sexual assault may experience the short or long term effects. These effects may be overcome with proper guidance and counseling. If ignored or untreated these effects may severely inhibit the survivor's ability to assess potentially dangerous situations.

Facilitator Note: Ask the students if they have any long term effects to add to the list.

F. Ways to Take Care of Yourself

Here are several self-help techniques to help recover from sexual assault. These should not take the place of professional help, but serve as some assistance for the adjustment period before searching for or receiving professional assistance.

1. Get support from friends and family-try to identify people you trust to validate your feelings. Try not to isolate yourself.
2. Talk about the assault and express your feelings. You can choose when, where, and with whom. You can also decide how much or how little to talk about it.
3. Use stress reduction techniques like: aerobic exercise (walking, jogging, biking, swimming, weight-lifting) relaxation techniques (yoga, massage, music, prayer and/or meditation).
4. Maintain a balanced diet and sleep cycle and avoid overusing caffeine, sugar, nicotine, alcohol, and other drugs.
5. Take “time outs.” Give yourself permission to take quiet moments to reflect, relax, and rejuvenate-especially during times you feel stressed or unsafe.
6. Try reading as a way of relaxation.
7. Consider writing or journaling as a way of expressing thoughts and feelings.
8. Release some of the hurt and anger in a

SHOW SLIDE 3-3-9 SELF HELP

healthy way. Write a letter about how you feel about what happened to you. Be as specific as you can. You can also draw pictures about the anger or hurt you feel as a way of releasing the emotional pain.

9. Seeking professional counseling immediately will address your trauma and personal issues.

G. How To Protect Yourself

1. In Your Car,

- ✓ Always lock your car doors.
- ✓ Park in a well-lighted area.
- ✓ Look around and under your car as you approach.
- ✓ Check the interior of your car before entering.
- ✓ Always have your key ready and enter quickly.
- ✓ Shut and lock the door immediately.
- ✓ If you have car trouble while on the road:
 - ✓ Pull over to the side.
 - ✓ Use a handkerchief through the top of the window to attract attention.
 - ✓ Stay in the car with the doors locked.
 - ✓ Roll the window down only one-half inch if someone stops to help.
 - ✓ Ask them to call for assistance.

SHOW SLIDE 3-3-10 KNOW WHAT TO DO!

Facilitator Note: Before going into this section, ask the students how they can protect themselves.

Statistic Source:

National Victim Center

National Crime Survey

Uniform Crime Report

RECOMMEND class participation to name preventive measures, help with the provided checklist as needed

DISCUSSION POINT**RELATED INSTRUCTOR ACTIVITY**

- ✓ Do not go with them to obtain help.
 - ✓ If you think someone is following you, either use a cell phone to call for help or go to the nearest public place, police, or fire station for help.
 - ✓ Be careful what you put on your vanity license plates.
 - ✓ Do not stop for a stranded motorist. Note location. Use a cell phone or go to the nearest phone booth and call the police for assistance for that motorist.
2. Inside at home or work
- ✓ Have entrances and parking areas well lighted.
 - ✓ Be sure all windows and doors have strong locks and use them.
 - ✓ Lock your door every time you go out.
 - ✓ Avoid places near your home or workplace that provide hiding for attackers.
 - ✓ Always have your key ready and enter quickly.
 - ✓ Shut and lock the door immediately.
 - ✓ When you arrive at the door, if it is open, or you see signs of forced entry, go to a neighbor's house and call the police.
 - ✓ Never allow strangers into your home

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

when you are alone--no matter how dire their emergency may be. Offer to make an emergency phone call for them while they wait outside.

3. PROTECTING YOURSELF

- ✓ Be assertive. No resistance is often misinterpreted as consent. Be direct and firm when anyone is pressuring you to do anything you do not want to do.
- ✓ Trust your instincts. If you feel uncomfortable or pressured into a situation, you are probably in danger.
- ✓ Consider taking a self-defense course that concentrates not on the martial arts but on street self-defense.
- ✓ Avoid excessive use of alcohol and other drugs, as they interfere with clear thinking and communication.
- ✓ Always have your key ready and enter quickly. Shut and lock the door immediately.
- ✓ Know your own desires and set your own limits. Communicate them clearly to others. If you are not sure, stop and talk about it.
- ✓ Say "NO" when you mean "NO."
- ✓ Stay with a group. There is safety in

Remind students: Sexual assault is a crime that is often planned, so you need to think about a plan to counter.

DISCUSSION POINT	RELATED INSTRUCTOR ACTIVITY
<p>numbers.</p> <p>4. Reporting a Sexual Assault</p> <ul style="list-style-type: none"> ✓ Get to a safe place that has a phone. ✓ Contact someone who can help you—your command SAVI POC, a friend, local police, security, NCIS, a local sexual assault crisis center, a chaplain. ✓ Preserve evidence. Do not bathe, shower, douche, wash your hands, drink anything, or change clothes. ✓ Obtain medical attention from the nearest military or civilian hospital if you are physically injured. ✓ On military property, CALL BASE SECURITY. ✓ In the local community (off base), call 911. ✓ If you know someone who is sexually assaulted, do what you can. Don't ask what was done to cause it, but listen and sympathize. Support the decision to report the crime and encourage the victim to speak to a counselor. <p>STRESS TO THE STUDENTS THE MOST IMPORTANT THING TO REMEMBER ABOUT SEXUAL ASSAULT IS THAT “NO” ALWAYS</p>	<p>INSTRUCTOR NOTE: Ensure that the reporting requirements are clearly understood.</p> <p>SAVI-Sexual Assault Victim Intervention</p> <p>SHOW SLIDE 3-3-11 MOST IMPORTANTLY</p>

MEANS “NO”**5. Victim’s Rights:**

- ✓ Victims of sexual assault should be treated with fairness and respect.
- ✓ Involves the effective management of sexual assault cases, including access to a victim advocate program and appropriate counseling.
- ✓ Making the choice of NOT doing anything is still making a choice.
- ✓ OPNAVINST 5800.7 is the Navy's Victim and Witness Assistance Program and established a Crime Victim’s bill of rights for victims of crime committed under Navy jurisdiction.
- ✓ Both parties should be treated as innocent and with sensitivity until any case is adjudicated.

II. Navy’s Policy on Sexual Assault

1. Sexual assault is a criminal act incompatible with the Navy’s core values, high standards of professionalism, and personal discipline.
2. Military personnel who are alleged to have committed a sexual assault offense may be subject to trial and if found guilty, punishment by court-martial. Additionally, such military personnel are

SHOW SLIDE 3-3-12 SEXUAL ASSAULT VICTIM INTERVENTION**BACKGROUND:**

In 1990, the office of the Attorney General of the United States declared that:

- ✓ While "millions of Americans are victimized by crime every year, recognition of crime victims' rights is a recent phenomenon.
- ✓ Until recently the protection of offenders' rights took precedence over those of the innocent victims of crime." The Victims' Rights and Restitution Act of 1990 sets forth the "Rights of Crime Victims."
- ✓ Whether you are female or male, if you are a victim of any crime, you have a critical personal choice - whether or not to report it.
- ✓ A crime victim has rights. Privacy is one of them.

SHOW SLIDE 3-3-13 NAVY’S POLICY ON SEXUAL ASSAULT

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

subject to being processed for administrative separation.

3. The goal of the Navy is to eliminate sexual assault incidents that impact Naval personnel and family members, or that are perpetrated by Naval personnel through awareness and prevention education, and provision of the safest possible installation environments.
4. The Navy will treat all victims of sexual assault with fairness and respect. All servicemembers and Naval employees will ensure the sensitive, coordinated, and effective management of sexual assault cases, including access to a victim advocate program and appropriate counseling.
5. Victims of sexual assault often feel further victimized by the criminal justice system when questioned about their conduct or inaction during an assault. It is important to take into consideration the circumstances surrounding the assault and their impact on the victim before taking any appropriate administrative or disciplinary action.
6. Commanders and commanding officers will implement and support the SAVI Program by ensuring that:
 - a. Victims receive sensitive care and support and are not re-victimized as a result of reporting the incident.
 - b. Victims are advised of their rights and are

made aware of and encouraged to exercise their options during each phase of the medical, investigative, and legal processes.

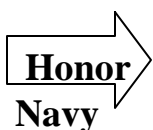
- c. Victims have access to appropriate assistance, and, where eligible, medical care and counseling.
- d. Incidents of sexual assault are reported as specified and trends concerning the incidence and prevalence of sexual assault are monitored.

III. CORE VALUES AND SEXUAL ASSAULT

- A. Core Values are not clever posters or bumper
- B. stickers; they are about respect for ourselves and our shipmates.
- C. Core values succeed when they become second nature to us. We should not have to think about whether something is right or wrong.
- D. A simple way to apply the core values is to line them up with your own personal values and see if you get a match. Examples that come to mind include:

Navy

Individuals



Integrity.....To do the right thing
ResponsibilityTo be accountable

Individuals

ValorTo support command

SHOW SLIDE 3-3-14 CORE VALUES

Discussion Question:

How can you support the Navy's core values and policies regarding sexual assault?

Provide the following Answers:

- If you know or are aware of any type of sexual assault you must report it, if it is a need to know situation, or you are as guilty as the offender.
- Meet challenges with a higher standard of personal conduct and decency. Do not allow a shipmate to be violated in any way. Protect one another.
- Care for the safety, professional, personal and emotional well being of yourself and your shipmates.

DISCUSSION POINT**RELATED INSTRUCTOR ACTIVITY**

Courage

mission

Loyalty.....To stand by your shipmate

Navy

Individuals



Respect...Do not let a shipmate get involved with situations that might lead to assault

- E. In every way, Core Values support the prevention of sexual assault. If you uphold Honor, Courage, and Commitment, sexual assault should in no way be acceptable in your life. You should also help to ensure that it is not acceptable in the lives' of your shipmates either.

IV. SUMMARY

- A. In this lesson we have discussed sexual assault and how it affects it's victims.
- B. We have discussed some self-help techniques to help victims of sexual assault.
- C. We have reviewed some measures to minimize and prevent sexual assault.
- D. We discussed the Navy's policy on sexual assault.
- E. We discussed how Core Values contribute to the prevention of sexual assault.

SHOW SLIDE 3-3-15 SEXUAL ASSAULT SUMMARY